



# CALIFORNIA WorksWell

JUNE 2002

A PUBLICATION FOR THE EMPLOYEES OF THE STATE OF CALIFORNIA

## Nutrition on the Go!

As part of National Nutrition Month in March, Sally Skidgel, Headquarters' Health Coordinator for the Department of Transportation, arranged two presentations to kick off the "Nutrition on the Go!" program by Health Net. This is an easy six-week program designed to help employees make better choices for more healthful eating. These events have been very successful, with approximately 200 employees either attending the kick-off presentations and/or planning to participate in the program.

"Nutrition on the Go!" is provided free by Health Net's Wellness Department. They offer innovative health improvement services that encourage individuals to enhance their overall well being. With "Nutrition on the Go!" you can discover shopping

*continued on back page*



## Diabetes and Heart Disease Awareness Campaign

THE CALIFORNIA WORKSWELL HEALTH EDUCATION AND PROMOTION PROGRAM is pleased to announce that the State of California has joined forces with the National Diabetes Education Program and the American Diabetes Association to help increase awareness about diabetes and reduce the risk factors for heart disease and stroke.

This disease affects so many people, directly or indirectly, our goal is to provide diabetes awareness for all State employees. Did you know that more than 5 million Americans have diabetes but are unaware they have the disease? Or that it's the leading cause of adult-onset blindness, kidney failure and amputation of the lower extremities? And, adults with diabetes are two to four times more likely to have heart disease or suffer a stroke than people without diabetes.

Educational information, materials and activities will be provided to department health promotion coordinators to share with their employees on a regular basis throughout the year. Call the National Diabetes Education Program at 1-800-860-8747 or [ndep.nih.gov](http://ndep.nih.gov) for additional diabetes information.



The California WorksWell Health Education and Promotion Program encourages employees to be aware of their health and to take steps to maintain or improve it by taking advantage of the resources and links to health information on the Department of Personnel (DPA) Web site at [www.dpa.ca.gov/benefits/health/wellness/wellmain.shtm](http://www.dpa.ca.gov/benefits/health/wellness/wellmain.shtm).

for your information

## Siblings Can Now Apply!

DID YOU KNOW THAT 40 PERCENT (40%) OF THE 13 MILLION AMERICANS receiving long-term care today are between the ages of 18 and 64? Accidents and chronic conditions — both of which can happen to working-age adults — often require care at home or in a nursing facility. How would your siblings pay for long-term care if they needed it?

Effective this year, not only are your spouse, parents and parents-in-law eligible to apply for the CalPERS Long-Term Care Program, now your siblings (ages 18 and older) are eligible to apply as well.

Many people mistakenly believe their health insurance pays for long-term care. After an accident, health insurance typically pays for short-term hospital care or up to 100 days in a skilled nursing facility. If someone you love needed care for a longer period of time, like those individuals who have Parkinson's disease or muscular dystrophy, they would need to cover the cost of their care. If they were unable to pay for their care, they would need to turn to someone,



perhaps even you, to help them financially. Long-term care (LTC) coverage was designed specifically for this situation; it pays for care at home, in an assisted living facility or in a nursing home. Long-term care plans also pay for care if you have a severe cognitive impairment like Alzheimer's disease.

Help educate your siblings and give them the peace of mind you have about protecting tomorrow and enjoying today. Request a CalPERS Long-Term Care application kit by calling 1-800-266-1050 or visit the Web site at [www.calpers.ca.gov/longtermcare](http://www.calpers.ca.gov/longtermcare). Remember, you must apply before the deadline of June 30, 2002.

## Complementary Health-Care News

>> SEVERAL ALTERNATIVE THERAPIES MAY HELP ASTHMATICS. Though you shouldn't substitute these therapies for inhalers or other medications during an asthma attack, they may help reduce the frequency of symptoms on a day-to-day basis, or minimize them during an attack, when used with medications. These ther-

apies include acupressure, aromatherapy, Ayurvedic medicine, herbal medications and homeopathy. Just remember, no documented medical evidence proves their dependability as alternatives to more conventional treatments, according to the *Journal of the American Medical Association*.

## Nutrition on the Go!

*continued from front page*

and meal planning shortcuts and ideas for eating healthy at work, at home and in restaurants. Plus, you'll find ways to start off each day with an energy boost.

Each week, five Nutrition Tips are selected from Health Net's list. Each individual tracks these tips on a tracking log and checks it off as each one is completed. It's that simple. Those who complete the six-week program are eligible for raffle prizes provided by Health Net.

At the end of the program, employees will no doubt look and feel better, know how to plan quick and nutritious meals, and have more energy. And that makes for a much happier work atmosphere! Discover how you can implement this program at your department by working with your health promotion/ wellness coordinator and contacting your local Health Net provider about their Wellness services.

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*Article submitted by Sally Skidgel, Health Coordinator from the Department of Transportation, Division of Human Resources, Office of Health and Safety Services in Sacramento.*

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The California WorksWell newsletter is available for purchase by State departments through a master agreement secured by the Department of Personnel Administration. If you would like information about purchasing, please contact:

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800-524-1176

